

# Claims

- [c1] A networked health-monitoring system, comprising: a plurality of remote patient sites, each site including at least one display; a data management unit configured to facilitate collection of patient health-related data; a memory; and stored program instructions for generating health-monitoring related information on the display; and at least one central server connectable for communication with the data management unit at each patient site, wherein the system is configured to transmit at least one message for display on at least one display and in which at least one message is a health care professional selected message.
- [c2] The system of claim 1, wherein the message includes step-by-step instructions.
- [c3] The system of claim 1, wherein the message includes results of a test.
- [c4] The system of claim 1, wherein the message is a multi-line message.
- [c5] The system of claim 1 wherein the health-care professional generates the selected message.

- [c6] The system of claim 1, wherein the message is educational or motivational.
- [c7] The system of claim 1, wherein the system is configured to transmit the message to a specific patient.
- [c8] The system of claim 7, wherein the system is configured to transmit the messages automatically to the patient.
- [c9] The system of claim 7, wherein the system enables the patient to choose when to receive the message.
- [c10] The system of claim 7, wherein the messages can be stored before being transmitted to the patient.
- [c11] The system of claim 1, further comprising at least one health-monitoring device configured. to monitor at least one patient health condition at at least one remote patient site; andto communicate data related to the monitored condition to the central server.
- [c12] The system of claim 11, wherein the data management unit facilitates collection of health-related data by receiving data related to the monitored condition from at least one of the health-monitoring devices.
- [c13] The system of claim 11, wherein at least one of the health-monitoring devices includes one or more of the

set consisting of a blood glucose monitor;a peak flow meter;a blood pressure monitor;a pulse monitor; and a body temperature monitor.

- [c14] The system of claim 1, wherein the data management unit is configured to facilitate collection of health-related data entered by a patient at the remote patient site using buttons, keys or switches.
- [c15] The system of claim 11, wherein the data management unit is physically separate from the display.
- [c16] The system of claim 15, wherein the memory and the display form a part of one of the health-monitoring devices.
- [c17] The system of claim 16, wherein the display is in a handheld device.
- [c18] The system of claim 17, wherein the handheld device is capable of displaying pictorial health-monitoring related information
- [c19] The system of claim 18, wherein the handheld device is capable of displaying animated health-monitoring related information.
- [c20] The system of claim 19, wherein the memory is a program cartridge

- [c21] The system of claim 1, wherein the remote sites further include at least one personal computer connected to the data management unit.
- [c22] The system of claim 1, wherein the system generates at least one report based on the patient health-related data collected at the remote patient sites.
- [c23] The system of claim 22, further comprising at least one health care professional computer, remotely located from and in signal communication with the central server to receive the reports.
- [c24] The system of claim 22, wherein the report is standardized.
- [c25] The system of claim 24, wherein the system is configured to allow a health care professional to select which of a plurality of standardized reports is produced.
- [c26] The system of claim 22, wherein the report uses graphs and/or icons.
- [c27] The system of claim 24 wherein the server can generate the report.
- [c28] The system of claim 22, wherein the report can be generated periodically.

- [c29] The system of claim 22, wherein the system is configured to cause the presentation of at least one report on the display at a remote patient site.
- [c30] The system of claim 22, wherein the system can display statistical and/or trend information.
- [c31] The system of claim 30, wherein the system can display statistical or trend information to a patient.
- [c32] The system of claim 24, wherein the report includes information data for a period of time.
- [c33] The system of claim 1, wherein the system is configured to allow the patient to control the display of information at least one using menu.
- [c34] The system of claim 33, wherein the the patient to select any one of the operational modes from the set consisting of: a display mode for displaying relevant information; an input mode for providing information; and a communications mode for establishing a link with the central server.
- [c35] The system of claim 33, wherein the menu allows a patient to select a monitoring mode in which a health-monitoring device is used to monitor at least one patient health condition at at least one remote patient site; and to communicate data related to the monitored condition

to the central server.

- [c36] The system of claim 33, wherein the menu allows a patient to display messages or instructions from a health care professional.
- [c37] The system of claim 1, wherein the system is configured to the patient to respond to information on the display by using a cursor or other indicator positioned at a selected item.
- [c38] The system of claim 1, wherein the system is configured to enable programs to be provided from the server for storage in a memory and execution at a remote patient site.
- [c39] The system of claim 1, wherein the patient can indicate user experienced symptoms to the system.
- [c40] The system of claim 1, wherein the system can capture quantitative measurements.
- [c41] The system of claim 40, wherein the collected patient health-related data includes time data.
- [c42] The system of claim 37, wherein the system can capture medication data.
- [c43] The system of claim 22, wherein the healthcare profes-

sional computer receives the report after transmitting an authorization code to the server that identifies an associated healthcare professional as an authorized user.

[c44] method comprising: at a plurality of remote patient sites, facilitating collection of patient health-related data using a data management unit; using stored program instructions to generate health-monitoring related information on at least one display; and collecting patient-health related data connecting at least one central server for communication with the data management units at the patient site and transmitting message for display on at least one display in which at least one message is a health care professional selected message.

[c45] The method of claim 44, wherein the message includes step-by-step instructions.

[c46] The method of claim 44, wherein the message includes results of a test.

[c47] The method of claim 44, wherein the message is a multi-line message.

[c48] The method of claim 44, wherein the health-care professional generates the selected message.

[c49] The method of claim 44, wherein at least one message is

educational or motivational.

- [c50] The method of claim 44, wherein the message is transmitted to a specific patient.
- [c51] The method of claim 50, wherein the message is transmitted automatically to the patient.
- [c52] The method of claim 50, wherein the message is transmitted to the patient when the patient chooses.
- [c53] The method of claim 50, wherein the message is stored before being transmitted to the patient.
- [c54] The method of claim 44, further comprising using at least one health-monitoring device. to monitor at least one patient health condition at at least one remote patient site; andto communicate data related to the monitored condition to the central server.
- [c55] The method of claim 54, wherein the data management unit facilitates collection of health-related data by receiving data related to the monitored condition from at least one of the health-monitoring devices.
- [c56] The method of claim 54, wherein at least one health-monitoring device includes one or more of the set consisting of a blood glucose monitor;a peak flow meter;a blood pressure monitor;a pulse monitor; and a body



temperature monitor.

- [c57] The method of claim 44, wherein the data management unit is configured to facilitate collection of health-related data entered by a patient at the remote patient site using buttons, keys or switches.
- [c58] The method of claim 54, wherein the data management unit is physically separate from the display.
- [c59] The method of claim 58, wherein the memory and the display form a part of in at least one of the health-monitoring devices.
- [c60] The method of claim 59, wherein the display is in a handheld device.
- [c61] The method of claim 59, further comprising displaying pictorial health-monitoring related information on the handheld devices.
- [c62] The method of claim 61, further comprising displaying animated health-monitoring related information on the handheld devices.
- [c63] The method of claim 61, wherein the memory is a program cartridge
- [c64] The method of claim 44, further comprising connecting

at least one personal computer to the data management unit.

- [c65] The method of claim 44, further comprising generating at least one report based on the patient health-related data collected at the remote patient sites.
- [c66] The method of claim 65, further comprising remotely locating and connecting a professional computer in signal communication with the central server to receive the report.
- [c67] The method of claim 65, wherein the report is standardized.
- [c68] The method of claim 67, wherein a health care professional selects which of a plurality of standardized reports is produced.
- [c69] The method of claim 65, wherein the report uses graphs and/or icons.
- [c70] The method of claim 65, wherein the report is generated periodically.
- [c71] The method of claim 65, wherein the server generates the report.
- [c72] The method of claim 65, further comprising displaying

the report on a display at a remote patient site.

- [c73] The method of claim 65, further comprising displaying statistical and/or trend information.
- [c74] The method of claim 73, further comprising displaying statistical or trend information to a patient.
- [c75] The method of claim 65, wherein the report includes information data for a period of time.
- [c76] The method of claim 44, further comprising allowing the patient to control the display of information using at least one menu.
- [c77] The method of claim 76, wherein the menu allows a patient to select any one of the operational modes from the set consisting of:  
a display mode for displaying relevant information;  
an input mode for providing information;  
and  
a communications mode for establishing a link with the central server.
- [c78] The method of claim 76, wherein the menu allows a patient to select a monitoring mode in which a health-monitoring device is used to monitor at least one patient health condition at at least one remote patient site; and to communicate data related to the monitored condition to the central server.

- [c79] The method of claim 76, wherein the menu allows a patient to display messages or instructions from a health care professional.
- [c80] The method of claim 44, wherein the patient responds to information on the display by using a cursor or other indicator positioned at a selected item.
- [c81] The method of claim 44, further comprising: providing programs from the server to a remote patient site; and—storing in a memory and executing of the programs at the remote patient site
- [c82] The method of claim 44, wherein the patient indicates user experienced symptoms to the system.
- [c83] The method of claim 44, further comprising capturing quantitative measurements.
- [c84] The method of claim 83, further comprising capturing medication data.
- [c85] The method of claim 83, wherein the collected patient health-related data includes time data.
- [c86] The method of claim 44, further comprising receiving the report after transmitting an authorization code to the server that identifies an associated healthcare profes—

sional as an authorized user.

- [c87] A networked health-monitoring system configured to collect and process patient health-related data, comprising: a plurality of remote patient sites, each site including means for displaying information; a data management unit means for facilitating collection of patient health-related data; a memory means; and a stored program means for generating health-monitoring related information on the display; at least one central server means connectable for communication with the data management unit at each patient site; and means for transmitting messages for display on at least one display and in which at least one of the messages is a health care professional selected message.